

HOWARD LONG WELLNESS CENTER

AQUATIC SCHEDULE

Effective August 6, 2025

POOL HOURS

Monday through Thursday 6:00 AM - 9:30 PM

Friday 6:00 AM - 8:30 PM

Saturday 7:00 AM - 5:00 PM

Sunday 8:30 AM – 5:00 PM

Water Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM Water Aerobics	9:00 AM Water Aerobics	9:00 AM Water Aerobics	9:00 AM Water Aerobics	9:00 AM Water Aerobics	9:00 AM Latin Z Aquatics
10:30 AM Aqua Fitness	10:30 AM Aqua Fitness	10:30 AM Aqua Fitness	10:30 AM Aqua Fitness	10:30 AM Aqua Fitness	
5:30 PM H.I.I.T.	5:30 PM H.I.I.T.	5:30 PM Instructor Choice	5:30 PM H.I.I.T.		

Family Swim Sundays 3-5 PM

Bring your children for open swim!
(Flotation devices from home are not permitted).

** Wearing aquatic footwear is allowable and recommended for traction.

Water Class descriptions on reverse side